

All About AES

The (mostly) weekly newsletter from AES

Our mission: Exceptional instruction without exception

September 21, 2015

Calendar

Sept 22 Field Trip Grade 3 Mrs. Harney/ Mrs. Elliott to The Butterfly Place

Sept 23 PTO Ice Cream Social @CES 6:00 – 8:00 pm

Sept 27 Gr 2 walking trip to Camp Kent 10:30 – 1:00

October 1 Fireball Rally

October 5 PRT early release 1:00 pm dismissal



Principally Speaking

During the course of this year we will be looking to create a presence for AES on social media, most likely through FaceBook and Twitter. I will let you know once we are up and running! In the meantime, if you go along on one of our field trips, we would request that you refrain from posting any pictures you may take that have AES children in them, other than your own. We do have several families who have asked that their child's photos not be published and we want to honor that request across all mediums.

In the News – What has happened is happening and will happen around AES

Ice Cream Social

Hope to see you at the annual PTO ice cream social, taking place on Friday the 23rd. Local "celebrity scoopers" will hand out cups full of delicious Hodgies ice cream, and you get to put on the toppings! It's a fun, family event that is fun for everyone. (And you can get your PTO Membership for the year and get a discount!)

Exploring our Nature Trail

Several of the first grade classrooms, led by Liz Morris, ventured up the AES Nature Trail on Friday and enjoyed the outdoor classroom together. The weather was perfect for their adventure, with perfect temps and clear, sunny skies which was their first adventure up the trail this year. To help them become more observant, they watched a movie about creating fairy houses in the woods with fallen or found natural objects. The video taught about not hurting anything living, and being respectful in nature before the hike. The kids loved being outside, and sitting in the woodland classroom. Everyone is already looking forward to the next adventure on the trail!

Library Volunteers Needed

If you were not able to make the meeting this morning at 9 but would still like to help out in the Library, you still can. Whether you are interested in a weekly commitment, an occasional project or helping when you can, please contact me at anstisst@amesburyma.gov

Amesbury PTO

2016-2017 Membership Form

One Member: \$10 per year - Two Members: \$15 per year

1st Member's Name: _____ Previous Member ____ New Member ____

2nd Member's Name: _____ Previous Member ____ New Member ____

School: Amesbury Elementary _____ Cashman Elementary _____

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

Address: _____

Phone #: _____ Cell#: _____

Email: _____

If you are a staff member in this district, in which school do you work?

AES

CES

Please return this completed form with a cash payment or a check made payable to "Amesbury PTO". Please place in an envelope labeled "Amesbury PTO Membership" and either drop it off in the school office, send it back in your child's poly labeled;

Lisa Cassidy

In order to participate in any event involving children, EACH individual must fill out a CORI form (criminal background check). The form may be obtained at the school office.

Please indicate any and all areas you'd be willing to help out:

After School Enrichment _____

General Volunteer _____

Adult Events _____

Ice Cream Social _____

Family Fun Fair _____

Science Fair _____

Fund Raising _____

Staff Appreciation _____

Mother & Son Dance Party _____

If you would like to volunteer in the school during the school day, contact your child's teacher or the special area teachers to find out when volunteers are needed.

Any time you can give is greatly appreciated by all. Have a great year!

PTO USE ONLY:

Date received _____ Event (if applicable) _____ Cash amount _____ Check#/amt _____

Dear Parent/Guardian:

We are the Amesbury PTO and we're interested in *you*.

WAIT . . . This isn't about money. (Not much anyway.)

WAIT . . . This isn't about time. (Not any if you don't have it.)

Are you still reading --- This is about **YOUR CHILD**.

The mission of the Amesbury PTO is to enhance the elementary experience for our kids!

During the school year, you'll see the PTO a lot — sponsoring field trips, sending volunteers into classrooms, purchasing special equipment and supplies that your child's teacher needs, awarding grants, providing After-School Enrichment programs, and hosting the Science Fair. We also like to throw parties, such as the Ice Cream Social, the Mother-Son dance, the Family Fun Fair, Staff Appreciation Luncheons, and Volunteer Dinners, just to name a few. Lots of fun!!

We also have meetings and make decisions that directly affect your child. The meetings don't take long and kids are always welcome and activities will be provided for them. PTO members attending vote on all sorts of issues. If you've ever wondered why or how things come about during the school year, the PTO meeting is where it happens.

- You can join the PTO for \$10.00 (\$15.00 for 2) and then just sit back and enjoy the school year. Great! We really appreciate your membership and you'll know you've provided some well-needed funds. Go ahead and hug your child.
- Or, you can join the PTO and volunteer at any (or all!) of our events—for just an hour or a day, behind the scenes (with planning) or right up front (by working at an event). Super! You'll have fun, meet people, and know that you've made your child smile because most of the events are fun-filled times for our children.
- Or, you can join the PTO and come to the meetings. You'll see familiar faces and learn about programs, grant opportunities, and upcoming events. And you can vote for what you want and what you don't want. *It'll be your voice and your vote steering the PTO.* Your child may not thank you, but you'll have the satisfaction of knowing you've made a big difference in your child's life and in the school that he or she attends.

The PTO hopes you'll choose to become an integral part of your child's elementary school years by joining the largest volunteer child advocacy association in the nation and giving yourself a powerful voice in both curricular and extracurricular activities at our schools.

WELCOME!!!

Look for the Amesbury PTO group on Facebook to find information about upcoming events

Welcome the 2016-2017 school year
at the
Annual Amesbury PTO

Ice Cream Social!



Friday September 23, 2016

6:00-8:00PM

Cashman School Cafeteria

Dancing! Popcorn! Surprise Super Scoopers!

Purchase your 2016-2017 PTO membership before
September 23th, or at the entrance, and receive a FREE ice
cream!

Volunteers needed!

Please contact Jessica Ducrow

jmducrow@yahoo.com

****While we enjoy ice cream and friends, let's take care of our neighbors too!
Please drop off a non-perishable food donation to Our Neighbors Table at the event****

There will be a PTO meeting next Wednesday the 28th of September at 6:30 P.M. in the CES cafeteria.

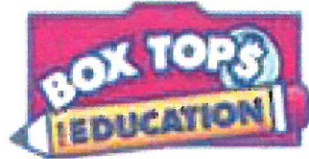
Please come by to find out about up and coming activities the PTO is involved in, children are welcome.

Please send any agenda items to Tom Cassidy
(tomcassidyaps@gmail.com)



Erin Upton has offered to fill the vacant Executive Board position of Secretary from CES. We will be voting at this meeting to add Erin to the board. Additional nominations will be accepted at the meeting. Absentee ballots can be submitted to Sara Graham (sara@grahamworld.com) or Tom Cassidy (tomcassidyaps@gmail.com) before the meeting.

Keep an eye out for Box Tops & start clipping!



AES and the Amesbury PTO are holding another Box Tops for Education fundraiser. The class that brings in the most Box Tops wins a

PIZZA PARTY!!

The winner in last year was Mrs. Naughton's room!

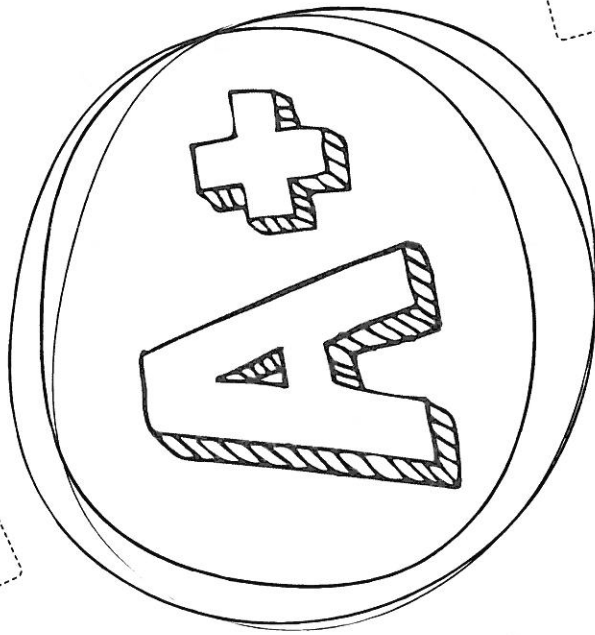
*Last year AES received a check for
\$1656.50 from ALL of your clipping and saving.
Let's see if we can beat that amount this year!*

Use the collection sheet to pass in your BOX TOPS!
Make sure to write your name and teacher, so your
class gets credit!

Good Luck!



BOX TOPS
CLIPPER!

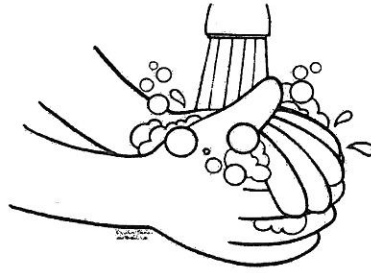


BE AN

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.
Bonus certificates should not be attached to this sheet – please submit them separately.
To see more ways to earn cash for your child's school, go to BTFE.com.

NAME: _____

TEACHER: _____



Dear Parents,

As your child grows, they will continue to learn about the importance of cleanliness and how the role of proper hand washing plays in preventing the spread of infection; in school and in life.

"Hand washing is the single most important means of preventing the spread of infection," according to the Centers for Disease Control and Prevention (CDC).

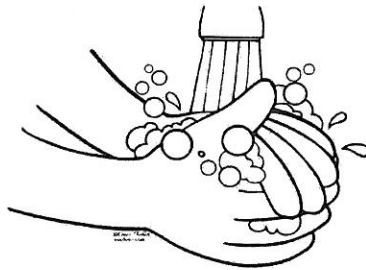
We are reminding children to wash their hands with soap and water for 20 seconds before and after eating, after using the toilet, after sneezing, coughing and wiping their noses, after playing outside and/or with shared toys and when they come home from school.

Please encourage your child to continue with this practice within their everyday life. Both your example and your encouragement are important.

Sincerely,

A handwritten signature in cursive script that reads "Kristin Lynch" followed by a large, stylized initial "K".

~ Hand Washing Guidelines ~



Why should I wash my hands?

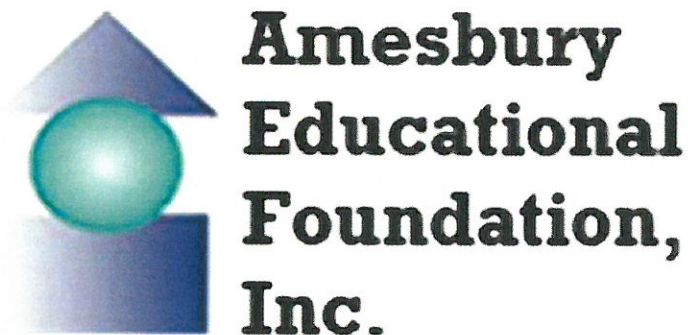
Germs (bacteria or viruses) such as the flu virus, which cause illnesses, may be on your hands. ~ Please review the following with your li'l ones.

When should I wash my hands?

- Before eating.
- After using the bathroom
- After blowing or wiping your nose.
- After you cough or sneeze into a tissue.
- Upon arriving home from school to prevent bringing germs from school into your home.

How should I wash my hands properly?

1. Use soap and running water
2. Rub your hands vigorously for at least 15 seconds (It's the amount of time it takes to sing Happy Birthday or your ABC's)
3. Wash all surfaces including back of hands, wrists, between fingers, under fingernails.
4. Rinse well.
5. Dry hands well with paper towel.
6. TURN OFF THE FAUCET WITH THE PAPER TOWEL.



Stephen Gerber "Stroke of Genius" Award

AEFI's newest award, the "Stroke of Genius" Award (named after former APS superintendent Stephen Gerber), was created to honor grassroots leadership that has inspired innovation in the Amesbury Public Schools. This year's recipient is principal Eryn Maguire and the staff at the Amesbury Innovation High School! Congratulations, AIHS staff, and thank you for your time, energy, and commitment to our students!

Visit our website!
www.aefionline.com

Upcoming Events

American Music and Harvest Festival: September 24

Details are on the reverse. Please note that when you order in advance, 100% of your ticket sales go to support AEFI. Yes, 100%! Please order tickets today and know that you are not only going to enjoy a fantastic day of music and activities with your family, but you are making a generous donation to AEFI!

Autumn Evening of Giving: November 7 at the Ale House

This is a great night of food, drinks, and giving! We'll award the Jordan M. Shay Memorial Grant and Trophy (\$10,000) as well as the Peter Gray Friend of Education Award. More details coming soon!

Welcome back to school!

Back-to-school is always an exciting time, and we on the AEFI board wish all teachers, students, and staff a joyful year of teaching and learning!

We look forward to a joyful year of giving! This year, as always, we will give grants to teachers for exciting and innovative projects, awards to friends of education, outstanding educators, and distinguished APS alums, and scholarships to deserving students.

AEFI has given out nearly half a million dollars in grants to the Amesbury Public Schools over the past decade. Please visit our website for more information about our work: www.aefionline.com

How Can You Support AEFI?

Attend our events!

Give an A+ Award to your child's teachers!

Register for the Amazon Smiles program!

Donate!

Volunteer!

See our website for more information.



Destination ImagiNation Information and Sign Up evening Wednesday, September 28th at 6:30 p.m. AES Cafeteria

Destination ImagiNation is an international organization for kindergarten through college students which teaches life skills and expanding imaginations through team-based, creative problem solving.

The program teaches students how to tap into their own creativity, how to solve problems, and how to work together in teams.

Destination ImagiNation provides children with challenges that encourage students to build on their strengths and "out of the box" thinking while working collaboratively as a team. Imaginative thinking and collaboration are vital skills that will carry over to many areas of a child's academic, social and future professional life.

Teams of two to seven members choose one of five challenges (please refer to back of this page) then work together with their team, supervised by their Team Managers (parent volunteers), devising their solutions and perfecting their presentations for the regional tournament in the spring.

Our teams are also growing and included teams from Cashman Elementary, Amesbury Elementary and the Amesbury Middle School! On the back of this flyer, be sure to check out the previews for the 2016-2017 team challenges! Once again, they look amazing and hope you will join us!

2016-2017 Team Challenges!

Your child's team will choose one Team Challenge to solve during the DI season. Each Challenge has a specific Educational Focus and all Challenges are new each season.

Technical: Show and Tech: The Technical Challenge prompts students to complete tasks by using engineering, research, strategic planning and related skills.

- Present a show that includes an opening act and a headlining act.
- Design and build a stage on which the acts will take place and that will move a team member from one location to another.
- Enhance each act with a technical effect to amaze the audience.
- Create and present two Team Choice Elements that show off the team's interest, skills, areas of strength, and talents.

Scientific: Top Secret: Our Scientific Challenge blends the research and curiosity of science with the thrill and creativity of the theater arts.

- Create and present a story about a secret mission.
- Research and apply methods from cryptography and steganography to reveal secret messages.
- Design and create a gadget that appears to be an everyday item.
- Create and integrate a disguised character into the story.
- Create and present two Team Choice Elements that show off the team's interests, skills, areas of strength, and talents.

Fine Arts: Vanished: Our Fine Arts Challenge has students flex their acting and creative muscles as they experiment with different types of artistic media and theater arts, write scripts and design props.

- Research the meanings, roles and uses of colors.
- Present a story about how the disappearance of a color changes the world.
- Create a colorful character that is involved with the color's disappearance.
- Use technical theater methods to create a vanishing act.
- Create and present two Team Choice Elements that show off the team's interests, skills, areas of strength, and talents.

Improvisational: 3 Peat: Our Improvisational Challenge is all about spontaneity and storytelling. Teams receive topics and produce skits right on the spot.

- Create three improvisational skits from the same story prompt.
- Present each skit in a different performance genre.
- Portray a different stock character in each skit.
- Enhance each skit with props.

Engineering: In It Together: Our Engineering Challenge asks teams to design, build and test load-bearing structures out of specific materials.

- Design, build and test multiple free-standing structures that work together.
- Develop a strategy for placing structures to support as much weight as possible.
- Develop and present a collaborative solution to a global issue.
- Create and present two Team Choice Elements that highlight the team's interests, skills, areas of strength, and talents.

Service Learning? Ready, Willing, and Fable: Our Service Learning Challenge is designed to engage students in public service to address real-life community issues.

- Identify, design, plan and carry out a project that addresses a real community need.
- Create a live presentation of a team-created fable that integrates information about the project.
- Include an impact prop and a character that changes appearance.
- Create and present two Team Choice Elements that show off the team's interests, skills, areas of strength, and talents.

Rising Stars! (K-2, Non-competitive Early Learning): Save the Day: Our Rising Stars! for Early Learners Challenge offers simple experiences with the creative process, and it gives young kids (preschool through 2nd grade) a place to work together and make new friends.

- Learn about simple and complex machines.
- Use simple machines to create and build a new invention.
- Create a play that tells a story about how the new invention helps to save the day.
- Create props, scenery and costumes to help tell the story.

DI Coordinator Contacts:

Cashman Elementary School DI Coordinators: Amy Mitchell: mitchella@amesburyma.gov
Julie O'Neill: oneillj@amesburyma.gov
Amesbury Elementary School DI Coordinator: Jessica LaPlante: laddj@amesburyma.gov
Amesbury Middle School DI Coordinator(s): Tia Costello: costellot@amesburyma.gov



96%
of girls have
tried at least
one *new thing*
as a Girl Scout.

Do more. Find your *SPARK*.

Hacer más. Encontrar tu pasión. / Faça mais. Encontre o seu faísca.

Girl Scouting is for girls in grades K-12. With the guidance of adult volunteers, Girl Scouts earn badges, explore the outdoors, attend fun events and field trips, and participate in the Girl Scout cookie program.

Girl Scouting es para las niñas en el Kindergarten hasta al 12° grado. Bajo la dirección de adultos voluntarios, Girl Scouts ganan insignias, exploran actividades al aire libre, asisten a eventos divertidos y excursiones de campo, y participan en el programa de galletas.

O escuteiras é para as meninas desde 5 anos para 18 anos. Com orientação de voluntários adultos, as escuteiras são condecoradas com distintivos, exploram áreas abertas, participam de divertidos eventos e excursões em campo e integram o programa de biscoitos Escuteiras.

AMESBURY GIRL SCOUTS INFO SESSION

Please note: The event below begins at the time indicated.

Wednesday, September 21, 6:30 PM
Amesbury Council on Aging Senior Center
68 Elm Street, Amesbury

Questions? / ¿Preguntas? / Perguntas?

Call us at 844-306-GSEM (4736) or email us at customercare@gsema.org.

join a
troop
today

Visit gsema.org/join and click **JOIN TODAY**. Complete the **GIRL REGISTRATION** page, click **CONTINUE** and follow the instructions to search for a Girl Scout troop. Select a troop and complete the membership payment.

Para información en Español llame al 844-306-4736.

Visit hergirlscouts.org for a complete listing of info sessions.



Who can join Girl Scouts?

Membership in Girl Scouts is open to all girls in grades K-12. Women and men over 18 can join as adult members to volunteer.

What do Girl Scouts do?

Most Girl Scouts become part of a troop (a group of 10-15 girls with adult volunteers) and meet regularly throughout the year. Troops meet 1-2 times per month for a couple of hours with some activities being longer (e.g. a field trip or overnight).

Are there fees to join Girl Scouts?

The annual Girl Scout membership fee is \$25 for girls and \$15 for adults (financial aid is available). Many troops collect dues and participate in the Girl Scout cookie program to help cover the cost of badges, books and activities throughout the year.

Help her find her *SPARK*.



88%

of Girl Scout volunteers say volunteering with us helps them *stay active*.

90%

of parents say that because of Girl Scouts, their daughter is *more confident*.

73%

of girls improved willingness to *persist through challenges*.

Find a Girl Scout troop **online** and get started today!
hergirlscouts.org



¿Quién puede ingresar en Girl Scouts?

La afiliación está abierta a todas las niñas en los grados K-12. Mujeres y hombres que tienen más de 18 años pueden ser voluntarios.

¿Qué hacen las Girl Scouts?

La mayoría de las Girl Scouts se convierten en parte de una tropa (un grupo de 10-15 niñas con adulto voluntarios) y se reúnen regularmente durante el año. Las tropas se unen más o menos 1-2 veces por mes, normal mente por una hora con algunas actividades que son más largas (por ejemplo un viaje de campo).

¿Hay cuotas para ingresar en la Girl Scouts?

La cuota anual de Girl Scouts es \$25 para las niñas y \$15 por adultos (ayuda financiera está disponible). Muchas tropas cobran adicionales y participan en el programa de galleta para ayudar cubrir los costos de las insignias, libros y actividades durante todo el año.

Para información en Español llame al 844-306-4736.

Quem pode ingressar nas escuteiras?

Associação nas escuteiras é aberta a todas as meninas com 5 anos para 18 anos. Mulheres e homens a partir dos 18 anos podem participar como membros adultos voluntários.

O que as Escuteiras fazem?

A maioria das Escuteiras torna-se membro de uma tropa (um grupo de 10 a 15 meninas com voluntários adultos), que se reúne regular mente durante todo o ano. As tropas reúnem-se 1 a 2 vezes por mês por algumas horas, com algumas atividades tendo maior duração (por exemplo, uma excursão ao campo ou por um pernoite).

Qual é a taxa para ingressar nas Escuteiras?

A taxa anual de associação nas Escuteiras é de \$25 para meninas e \$15 para adultos (subsídio financeiro disponibilizado). Muitas tropas recolhem cotas e participam do programa de biscoitos Escuteiras para ajudar a cobrir os custos com distintivos, livros e atividades durante todo o ano.

PTO AFTER-SCHOOL ENRICHMENT PROGRAM REQUEST FOR INSTRUCTORS!

The Amesbury PTO is looking for instructors for the 2016/2017
After-School Enrichment (ASE) Program.

Share your hobby, passion, sport, craft, talent, or special skill with
our kids by teaching a one-hour class, once a week for 4 weeks!

FALL Session Dates: OCTOBER 17TH – NOVEMBER 18TH

WINTER Session Dates: JANUARY 23RD – FEBRUARY 17TH

SPRING Session Dates: APRIL 3RD – MAY 5TH

- ASE classes are held one day per week for the 4-week session.
- Classes for Grade 1-4 are held from 3:15pm-4:15pm .
- Classes for Kindergarten only are held from 1:45pm – 2:45pm.
- Make-up classes (for weather, early release days or holidays) are scheduled during the week after the formal session ends.



ASE instructors earn a stipend of \$45 per class (\$180 for 4-week session).

Deadline for FALL Instructor Proposals: Thursday, September 22nd

BUT – We are thrilled to accept proposals for future sessions now as well!

Please include the following information in your proposal:

- Instructor's name
- Name of the class(es) you'd like to teach
- School at which the class will be held (CES or AES)
- Grades (K-4) eligible to enroll in the class
- Day(s) of the week on which you'd prefer to hold the class(es)
- Maximum class size (all classes must have a minimum of 10 children enrolled in order to run at \$45/class stipend rate)
- An estimate of materials/supply costs, if you will need to purchase any for the class (for items the students will make and bring home or eat during class); these are reimbursed
- Description of class



Have an idea for a class but have questions about logistics or how the program works?

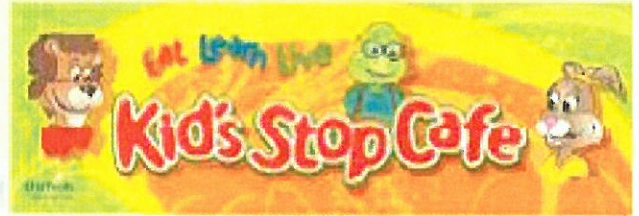
Feel free to contact Jen Clark at AmesburyASE@gmail.com

Send proposals by Thursday, September 22nd to: Amesbury ASE@gmail.com

Please note: All instructors must have current CORI form on file.

All class submissions are subject to approval by host school administration and PTO. Instructors will be notified ASAP of approval of submissions or additional information requirements.

October 2016
Elementary Lunch Menu
Amesbury Public Schools



	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken Patty on a bun w/Lettuce & Tomato Crunchy Oven Fries	4 Campbell's Tomato Soup Toasted Cheese Sandwich Fresh Veggie Sticks	5 Italian Meatball Sub Crinkle Cut Fries Seasoned Mixed Vegetables	6 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	7 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	10 Columbus Day Schools Closed	11 Macaroni and Cheese Hot Dog on Wheat Bun Seasoned Broccoli	12 Pasta with Italian Meat Sauce Seasoned Green Beans Wheat Roll	13 Breakfast for Lunch!!! Pancakes with Sausage Patties Hash Brown Potato Patty	14 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	17 Chicken Nuggets!!! Mashed Potatoes w/Gravy Seasoned Corn Wheat Roll	18 Spaghetti & Meatballs!!! Seasoned Broccoli Wheat Roll	19 Nachos!!! Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce Seasoned Corn, Salsa	20 Breakfast for Lunch!!! Waffles with Sausage Patties Hash Brown Potato Patty	21 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich					
	24 Italian Chicken Parm Sandwich Mixed Vegetables Crunchy Oven Fries	25 Turkey Tacos!!! Mild Salsa Lettuce, Cheese Seasoned Corn Brown Rice	26 Chicken Caesar Salad made to order Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing	27 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	28 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich					
	31 Classic Cheeseburger on Whole Grain Bun Oven Baked Fries Lettuce & Tomato Seasoned Carrots	HAPPY HALLOWEEN Free Dessert with meal purchase on Monday, October 31st!!!			
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	Choose with any Meal: Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Fresh Cherry Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

This institution is an equal opportunity provider and employer



Questions? Please call:
Kevin Kish – Director of Dining Services
978-388-4800 X4339

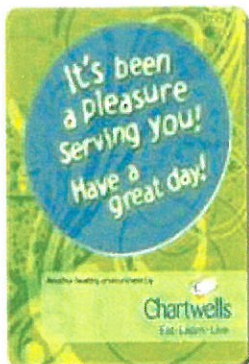
A full student lunch includes a
choice of entrée, fruit/vegetable
side dishes, and a choice of milk.
Milk choices include 1% white,
skim white, skim chocolate

October 2016 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>4</p> <p>Ham, Egg & Cheese on a English Muffin</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>5</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>6</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>7</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>
<p>10</p> <p>Columbus Day</p> <p>Schools closed</p>	<p>11</p> <p>Sausage, Egg & Cheese on a English Muffin</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>12</p> <p>Mini Cinni French Toast</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>13</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>14</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>
<p>17</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>18</p> <p>Ham, Egg & Cheese on a English Muffin</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>19</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>20</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>21</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>
<p>24</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>25</p> <p>Sausage, Egg & Cheese on a Biscuit</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>26</p> <p>Mini Cinni French Toast</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>27</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>28</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>
<p>31</p> <p>Bagel w/Cream Cheese</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>27</p> <p>Ham, Egg & Cheese on a English Muffin</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>28</p> <p>Pancakes w/Syrup</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>29</p> <p>Yogurt w/ Choice of Cereal</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>	<p>30</p> <p>Assorted Muffin w/Mozzarella Cheese Stick</p> <p>Chilled Fruit</p> <p>Assorted 100% Juice</p>

This institution is an equal opportunity provider and employer



Alternate Breakfast Available Daily

Cereal Bowl & Mozzarella Cheese Stick

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

Offered w/ Featured Fruit or Juice Sides
AND Choice of Skim, 1% or Fat Free Flavored Milk

*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?
Please call Kevin Kish @
978-388-4800
X4339